



3. Schlaubetal-Marathon Eisenhüttenstadt / 17.10.2009

Detailed evaluation

Ledwig, Torsten

Club: Diehloer Hügelläufer
Number: 365

Course: 21.10 km
Cross-Halbmarathon

Category:
Männer M40

Total time: 1:27:24

Speed: 14.42 km/h
Running performance: 4:08 min/km

Rank in course/Total: 5 (of 133)

Rank in course/Men: 5 (of 99)

Best time in course: 1:22:59

Rank in category: 2(of 21)

Best time in the category: 1:27:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.40	43:40	4:11	2	0:27	5	2:14	10.40	43:40	4:11	17		60	
Last lap Finish	10.70	43:44	4:05	1	-	4	2:37	21.10	1:27:24	4:08	2	0:12	5	4:25